

ABSTRACT

THE CORRELATION OF KNOWLEDGE, ATTITUDE, AND MATERNAL PARITY WITH EXCLUSIVE BREASTFEEDING IN WORK AREA OF HEALTH CENTER OF CENGGOK, NGRONGGOT, KAB. NGANJUK

Descriptive Analytical Study

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Breast milk contains many nutrients that are good for growth and optimal infant development. WHO, UNICEF, and the government has recommended exclusive breastfeeding up to 6 months, however the behavior of mother in exclusive breastfeeding is still low. Exclusive breastfeeding is one of health behaviors which is influenced by many factors namely predisposing factors, enabling factors, empowering factors, mother's factors, and baby factors. The purpose of this study is to analyze the correlation between predisposing factors (knowledge and attitudes) and mother's factors (parity) with exclusive breastfeeding.

This research was used descriptive analytic design with cross sectional approach. The population of this research was mothers with infants of 7-12 months. The 52 respondents was chosen by purposive sampling technique. The independent variabel in this research was knowledge, attitude, and mother's parity, while the dependent variabel in this study was exclusive breastfeeding. The data was collected using a questionnaire (demography, knowledge, and attitudes) and analyzed using Spearman's rho test with significance $\alpha < 0,05$.

The Spearman's rho showed that there was a significant correlation between knowledge ($p = 0,000$), attitude ($p = 0,001$) and parity ($p = 0,004$) with exclusive breastfeeding.

The results of this study showed that with good knowledge and good attitudes and add more experience can prompt mother to give exclusive breastfeeding. For nurses are expected to provide health education is effective having regard to the level of knowledge of the mother, age, as well as the emotions of the mother so that the mother could be motivated to provide exclusive breast milk and may increase the exclusive breastfeeding.

Keywords : knowledge, attitude, mother's parity, exclusive breastfeeding